

GYMNASTICS CLASSES TERM 3

Phone: 4053 1532 91 MacNamara Street, Manunda



Monday

Kindykidz	1/2 years	9.00-9.45am
Kindykidz	3/4 years	9.45-10.45am
Recreation	5/6 years	3.30-4.30pm
Recreation	7/8 years	4.30-5.30pm
Recreation	9/10 years	4.30-5.30pm
Recreation	11/12 years	5.30-6.30pm
Recreation	13years+	6.30-8.00pm

Tuesday

Kindykidz	1/2 years	9.00 –9.45am
Kindykidz	3/4 years	9.45-10.45am
Levels 1/2	B/G	3.30- 5.00pm
Levels 3/4	B/G	5.00-6.30pm

Thursday

Kindykidz	1/2 years	9.00-9.45am
Kindykidz	3/4 years	9.45-10.45am
Recreation	5/6 years	3.30-4.30pm
Recreation	7/8 years	4.30-5.30pm
Recreation	9/10 years	4.30-5.30pm
Recreation	11/12 years	4.30-5.30pm
Recreation	13years +	5.30-7.00pm
Levels 1/2	B/G	5.30-7.00pm
Levels 3/4	B/G	5.30-7.00pm

Saturday

Recreation	5/6 years	8.30-9.30pm
Recreation	7/8 years	9.30-10.30am
Recreation	9/10 years	9.30-10.30am
Recreation	11/12 years	9.30-10.30am
Levels 1/2	B/G	10.30-12.00pm
Levels 3/4	B/G	10.30-12.00pm

Fees	Per Class Casual	1 class pw	2 classes pw
		Term fee based on 10 week term	
45 minute class	\$7.00	\$65.00	\$120.00
1 hour class	\$8.00	\$75.00	\$145.00
1.5 hour class	\$11.00	\$105.00	\$200.00

Registration Fee Recreation/Levels (PCYC M/Ship \$20 and Qld Gymnastics \$30)

PCYC GYMNASTICS PROGRAMS

Kindy Kidz: A parent assisted movement education program designed for children 15 months to 5 years. Kindy kidz is a fun early learning program based on active play for young children. It is about learning through play. Play is fun and fundamental to children's development and promotes children's physical development, self-confidence, self-esteem and creativity. Accredited instructors conduct the classes. Children and parents/caregivers creatively explore and are challenged by the wide range of playful gross and fine motor activities. Parents/caregivers have a vital role in supporting their child's development through play and are a play mate, a role model and a source of ideas and encouragement during the classes. Come and climb, swing, hang, jump, balance, roll.

Recreational Gymnastics: Recreational gymnastics is for children and young people of all ages where basic and more advanced skills are taught subject to individual ability. Classes are of a fun nature and start at 5 years of age seeking to develop skills, improve flexibility, strength, fitness and confidence. Equipment used will be Vault, Bars, Beam, Floor, Double Mini Tramp and additional supplementary equipment. Improved skill levels are expected outcomes. Recreational gymnastics can be broken up in to **GYM FUN** for 5 to 10 year olds and **GYM SKILLS** for 11 years and over. Participants will work towards awards within their award system and a no stress assessment conducted during and towards the end of the term.

Levels 1 to 4: Levels are for those who want to progress further in gymnastics and also work towards competition participation. Levels participants need to train at least two times per week and develop more refined skill level. The girls may compete in 4 events, namely Vault, Bar, Beam and Floor and the boys compete in 6 events, namely Floor, Rings, Parallel Bars, Pommel Horse Vault and High Bar. Regular assessment of progress is conducted.

The PCYC's aim is to provide quality gymnastics classes at affordable rates for as many children as possible in a friendly and supportive environment. Development and education of coaches is another important objective of the program. In order to progress and continue to develop skill levels and fitness regular participation is necessary.

Head Coach: John Straatsma (Dip of P.E.) Level 2 Wag, Level 1 Mag, and Kindergym accredited coach. John has been a gymnastics coach for many years as well as a school teacher and has run clubs interstate and in Queensland. John uses a systematic approach to develop the necessary fitness and skills subject to individual ability and interest. The aim is to make classes fun, fundamental, enjoyable, progressive and challenging.

What to wear? PCYC has not yet developed its own gymnastics uniform but participants should bring comfortable clothing, for girls consisting out of leotard or tight pants and T Shirt. Boys need T shirt and shorts without pockets. Footwear is not worn inside the gymnastic area. A water bubbler is available near the gymnastic area.